WORKGard®
SAFETY MADE EASY

USER INSTRUCTION MANUAL

Full Body Harness
WGF512

Complies with
EN361
SS528: Part1
ISO 10333-1

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GENERAL INFORMATION AND INSTRUCTION FOR USE

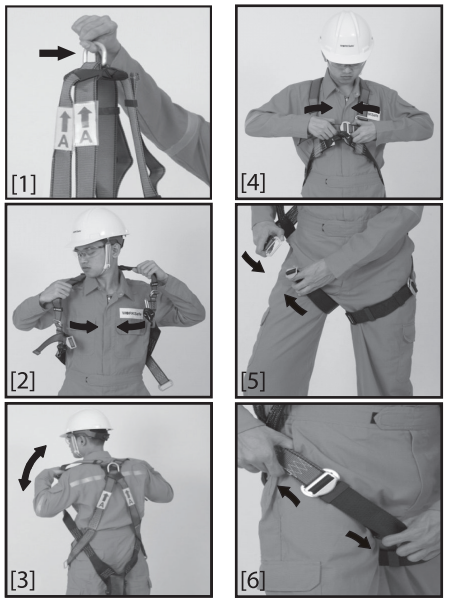
1. Before each use, a close visual examination should be made of the straps, seams and fittings to make sure that the harness is in perfect working order.
2. Check that the harness is compatible with which types of systems are suitable, referring to EN363. This device can be used with retractable type fall arrester (EN360), energy absorber incorporated in a lanyard (EN355). In the case of connecting lanyard (EN354), it shall not be used with full body harness without shock absorber. Danger may arise by the use of combinations of components and/or sub-system in which the safe function of any component and/or sub-system is affected by, or interferes with, the safe function of another.
3. Whenever possible, it is strongly recommended that the harness be assigned to an individual in order to limit the re-adjustments needed when the harness changes hands, and also to be able to keep track of how often the harness is used.
4. Make sure to fill in the Equipment Control Card and keep it carefully on hand, and note the periodic checks for your safety.
5. Whenever possible, choose an anchor point above the user's position with breaking load over 12kN, allowing sufficient safety distance, and avoid any anchor point whose strength may be doubtful.
6. Any harness that has withstood a fall or which appears doubtful on visual examination must immediately be withdrawn from service and returned to the manufacturer or competent repair centre for maintenance and retesting. Only a competent, approved person may decide whether to put it back in service.
7. For your safety and comfort in use, the harness has to be correctly adjusted - neither too loose nor too tight obstructing normal blood circulation in the legs.
8. Before use of the equipment consideration should be given as to how any necessary rescue could be safely achieved.
9. This equipment is marked according to EN365:2004(E) and SS528:Part1.
10. In the course of use, all pertinent arrangements should be made to protect the harness against damage caused by the work bumps, cuts, chemical reagents, abrasion, UV degradation, high temperature due to an open fire or other source of heat, etc. Consult the manufacturer in case of doubt.
11. The harness must be examined at least once a year by a competent person authorized by the manufacturer. In case of normal conditions of use, the equipment expiration is considered five years from the date of manufacturing, but if heavy use occurs, it may be reduced.
12. No modification should be made to the harness, either at the seams, in the strap assembly, or D-rings.
13. Failure to follow all instructions and limitations on the use of this equipment may result in serious personal injury or death.
14. Thoroughly evaluate and plan all elements of your fall protection system(s) before using your equipment. Make sure that your system is appropriate for your needs and facility. Also be sure to calculate fall clearance and swing fall clearance.
15. Never attach the unused scaffold hook of the lanyard back to the Full Body Harness anywhere other than an approved lanyard keeper.
16. Never use fall protection equipment for purposes other than those for which it was designed.

17. Environmental hazards should be considered when selecting fall protection equipment.
18. Never remove product labels because they included important information for the Authorized Person/User.

DONNING

This harness that is made of polyester is designed in accordance with EN361 and SS528:Part1. It should only be issued for use, when it is known that it will be part of a Personal Fall Arrest System (PFAS) which will ensure that should an arrest take place, the arrest force will not exceed 6kN and the arrest distance will be controlled.
You can put on the harness in the following order :

[1]. Take the harness by the dorsal D-ring attached to the plastic plate. Make sure to use only the dorsal D-ring or the frontal loops for fall arrest purpose.
[2]. Slip on the shoulder straps one after the other, taking care not to twist them. The dorsal D-ring to be located in middle of back between shoulder blades.
[3]. Adjust one and then the other shoulder strap by pulling or releasing the slack end, so that the buttock strap is firmly in place under the buttocks.
[4]. Attach the chest strap and adjust its tension to hold the shoulder straps centered on each shoulder and above the sternum.
[5]. Pull one and then the other thigh strap through the crotch and latch each strap on each of the female buckles located at the thighs, by passing the male buckle through the female. Make sure not to cross the straps.
[6]. Adjust the tension of the thigh straps by pulling or releasing the slack end of the strap. Fastening and/or adjustment elements must be regularly checked during use.



EU Declaration of Conformity can be found at the following link:
http://www.safety.com.sg/resources/8

LIMITATIONS OF USE

1. This equipment is designed to be used in temperatures ranging from -40°C to +54°C.
2. Minors, pregnant women, and anyone with a history of back and/or neck problems should not use this equipment.
3. This Full Body Harnesses are designed for users with a maximum capacity up to 100 kg included clothing, tools, etc.
4. Do not use fall protection equipment for towing or hoisting.
5. Evaluate space below work area to ensure potential fall path is clear of any obstructions.
6. Allow adequate fall clearance below the work surface.

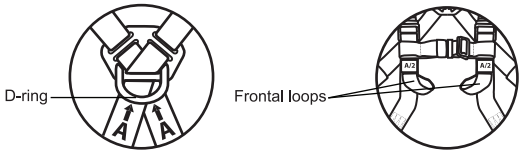
ANCHORAGE REQUIREMENTS

1. All anchorages to which the Personal Energy Absorbers and Energy Absorbing Lanyards attach must meet the requirements of EN795:2012.
2. Anchorages to which personal fall arrest equipment is attached shall be capable of supporting at least 12kN per employee attached, or shall be designed, installed, and used as part of a complete personal fall arrest system which maintains a safety factor of at least two, under the supervision of a qualified person.
3. Anchorages should be located as vertically as possible above the user's head and be positioned as not to exceed the maximum allowable free fall for the system.

ATTACHING FALL ARREST SYSTEM

The fall arrest system MUST be connected to the dorsal D-ring or the both frontal loops of the full body harnesses. The dorsal D-ring shall be pointed by capital letter A on labels stitched on webbings. The frontal loops shall be pointed by letter A/2 on it.

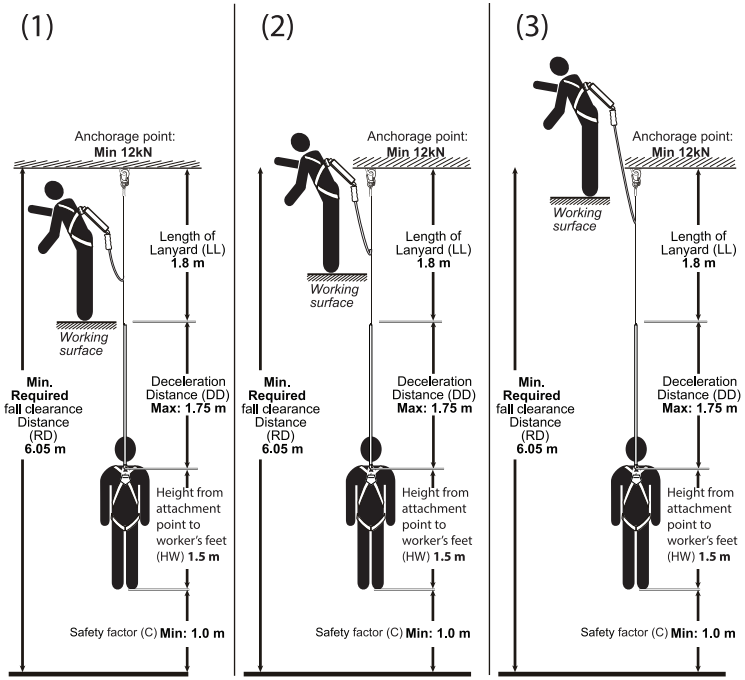
Note: Marking A/2 means that 2 attachment point shall be used together at the same time! Both loops must use together.



FALL CLEARANCE/ CLEAR FALL DISTANCE

REQUIRED FREE DISTANCE

1. Free distance below working surface depending on location of anchorage point. See Illustration (1) and (2).
2. Free distance below working surface must be 6.05meters minimum. See Illustration (3).



RD = LL + DD + HW + C

Remark: Illustrations not to scale

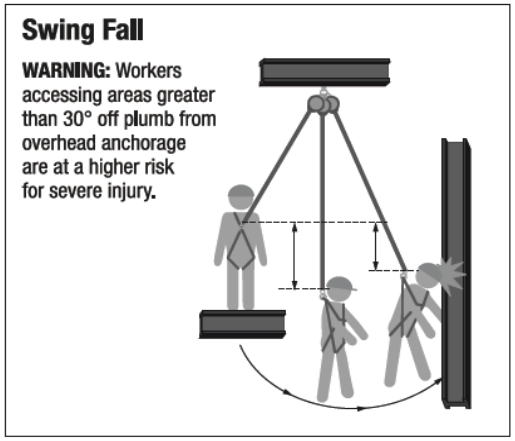
SWING FALL

To minimize the possibility of a swing fall, work as directly under the anchorage connector as possible. Striking objects horizontally, due to the pendulum effect, may cause serious injury. Swing falls also increase the vertical fall distance of a worker, compared to a fall directly below the anchorage connector. Swing falls may be reduced by using overhead anchorage connectors that move with the worker.

WARNING

Workers accessing areas greater than 30° off-plumb from overhead anchorage are at a higher risk for severe injury.

Striking objects horizontally due to the pendulum effect of a swing fall may cause serious injury or death.



TRAINING

Employers are responsible for providing training to any employee who may be exposed to fall hazards. Training will enable an employee to recognize and reduce fall hazards. Training must be conducted by a Competent or Qualified Person. Trainer and trainees must not be exposed to fall hazards during the training course.

INSPECTION

Full Body Harnesses must be inspected prior to each use and annually by an "Competent Person" other than the user.

To Inspect Webbing

1. Bend a portion of the webbing 15-20 cm into an upside-down 'U' shape.
2. Continue along all webbing inspecting for tears, cuts, fraying, abrasion, discoloration, burns, holes, mold, pulled or broken stitches, or other signs of wear and damage.
3. Adjust all keepers, buckles, padding, and D-ring to inspect webbing hidden by these components.
4. Sewn terminations must be secure, complete, and not visibly damaged.
5. Check all buckles for damage, distortion, cracks, breaks, and rough or sharp edges.
6. Inspect for any unusual wear, frayed or cut fibers, or broken stitching of the buckle attachments. Make sure buckles properly engage.
7. All markings must be legible and attached to the product.
8. All hardware must be free of cracks, sharp edges, deformation, corrosion, or any evidence of defect.

MAINTAINANCE AND STORAGE

Proper maintenance and storage of your harness are necessary to ensure integrity of the component parts and therefore the user's safety. Comply strictly with the following instructions.

1. ***CLEANING :***
   Whenever necessary, cleaning should be carried out using mild detergent powders/ordinary soap and water. When webbing becomes wet either when in use or as a result of cleaning it should be allowed to dry naturally, away from an open fire or any other source of heat.

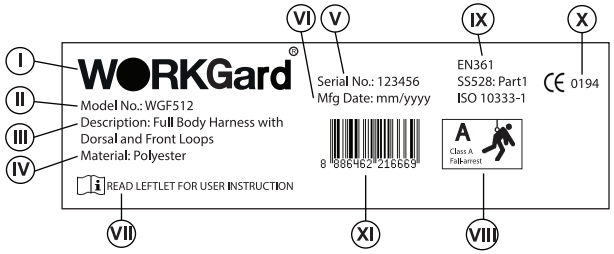
2. ***STORAGE AND PROTECTION :***
   The equipment should be looked after and stored correctly when not in use and personal equipment should not be left lying around the site or works. It should be properly stored to prevent contact with sharp objects and harmful substances and kept in a cool dry place free from direct sunlight. This harness is supplied wrapped in a plastic bag to provide some resistance against the penetration of moisture and for the purpose of transportation.
   Do not store damaged equipment or equipment in need of maintenance in the same area as product approved for use.

WARNING :

The use of this equipment must be restricted to properly trained and competent personnel, or subject to a level of competent supervision.
IMMEDIATELY REMOVE FROM SERVICE if equipment fail inspection.
Product lifespan is 5 years from manufacturing date.
All inspection records must be made visible and available to all users at all times.

CONTENT OF THE DEVICE IDENTITY LABEL

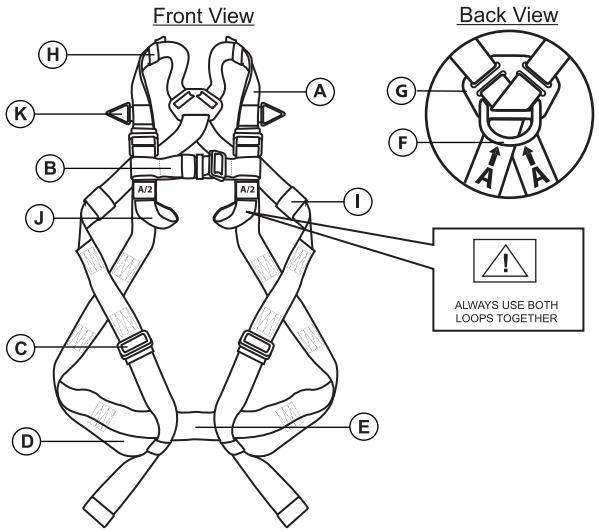
I – Manufacturer trademark
II – Reference device style/number
III – Type of fall arrest device
IV – Material the device is made of
V – Manufacturing serial number
VI – Month/year of the device is manufactured
VII – Caution: read the instruction manual
VIII – Type of applications class
IX – Standards which the fall-arrest device is compliance with
X – CE marking and notified body no# controlling mfg of the equipment
XI – Device bar code reference



FULL BODY HARNESS DESCRIPTION

A - Shoulder strap
B - Chest strap
C - Connecting buckles
D - Thigh strap
E - Buttock strap
F - Dorsal D-ring
G - Plastic plate
H - Strap holder
I - Identity label
J - Frontal loops
K - Lanyard keeper

WGF512



EQUIPMENT CONTROL CARD

Type	FULL BODY HARNESS WGF512		
Serial no.		Mfg. date	
Purchased date			
First service date			
User's name			
This harness can be used with safety Energy Absorber Lanyards			

Date	Pass /Fail	Comments/Actions	Next Inspection	Signature